

HIGH 5

What is Hi 5?

It is an effective strategy to develop problem-solving strategies for our students.
A whole school approach that can also eradicate bullying.
It is a 5 step problem solving strategy that can be used in the classroom, in the playground and for perceived bullying incidents.

Values and Hi 5

Values - used to foster better relationships, personal achievement and improved student wellbeing.
Hi 5 - used to build student's social skills and resilience.
Together positive impact and shape School Code of Behaviour.

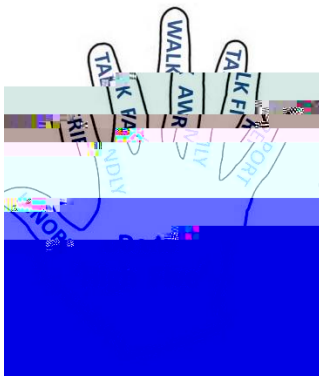
As a Staff: -

We want to teach our children the skills which will build their self-esteem and empower them to take responsibility for themselves and give them the power to practise these skills.
We want to promote pro-active strategies to prevent incidents becoming bullying.

How to Implement Hi 5:

Hi 5 program takes 4/5 sessions to implement. (1 structured lesson for 4/5 weeks to teach the strategy).
Use the Y chart (looks like, feels like, sounds like).
All steps are modelled and taught through role play.
Each class will have a Hi 5 chart showing steps for teaching/modelling problem-solving strategies.

Do the Hi 5:



Ignore

Pretend you didn't hear it.
Do not make eye contact.
Maintain positive body posture (calm, confident).
Think positive self-esteem statements.
Count to five in your head slowly.
Take deep breaths.
USE ROLE PLAY TO SHOW WHAT IGNORING LOOKS LIKE, SOUNDS LIKE AND MAY FEEL LIKE.

Talk Friendly

Use a calm voice.
Maintain eye contact.
Confident body language.
Maintain relatively close body proximity.
Use "I" statements - I feel when you..... because.....

Walk Away

Stand tall, head up high.
Mouth closed.
Look confident.
Do not use eye contact.
Walk somewhere, preferably toward

